



2014 National Veterans Golden Age Games Rulebook

(Revised December 5, 2013)

The following qualifying procedures and rules of competition for the 2014 National Veterans Golden Age Games (NVGAG) are based upon those set forth by the recognized national governing body (NGB) for each sport. In the best interest of the athletes, modifications and variances of these rules and regulations are permitted as outlined in the rulebook or by the National Veterans Golden Age Games Advisory Council.

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I. ATHLETE ELIGIBILITY

To be eligible, athletes must be 55 years of age or older as of January 1, 2014 and currently enrolled for healthcare through the Department of Veterans Affairs (VA).

II. REGISTRATION FOR EVENTS

Athletes must register prior to the start of each event. Athletes may register for a maximum of four and a minimum of two National Veterans Golden Age Games events. Registration under track, field and swimming will count as one event toward the maximum of four events that an athlete may enter.

III. MENU OF EVENTS

Name of Event	Age*	Gender**	Wheelchair	Visually Impaired
Air Rifle	X			
Bowling	X	X	X	X
Checkers	X			
Cycling	X	X		
Dominoes	X			
Field	X	X		
Golf	X			
Horseshoes	X	X	X	X
Nine Ball	X		X	
Shuffleboard	X		X	X
Swimming	X	X		
Table Tennis	X		X	
Track	X	X		

*Each event will have seven age divisions for participation:

- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85 and up

Athletes may request to compete in a younger age division. At the discretion of the National Program Director, an age division with only one entry may be assigned to compete with athletes in another age division; however medals will be awarded in original age division entered.

******In some events as listed above, men and women will compete in different divisions.

IV. SUMMARY OF SIGNIFICANT CHANGES

The following is a summary of the significant changes to the rules of competition governing the 2014 National Veterans Golden Age Games. **This section is a summary only. It does not, however, summarize every change. For specific information, please review the actual rule in question under the specific medal sport.**

1. FIELD – *Field is now considered one event towards the four event maximum allowed per athlete. Competitors may enter and medal in one, two, or all three field competitions (discus, javelin, shot put), which count as one field event collectively.*

2. SWIMMING – *Swimming is now considered one event towards the four event maximum allowed per athlete. Competitors may enter and medal in one, two or up to three of the four swimming competitions (25yd freestyle, 50yd freestyle, 25yd backstroke, 50yd backstroke), which count as one swimming event collectively.*

3. NEW EVENT – *Track has been added as an event. The different competitions within track include the: 1/2 mile power walk, 1 mile power walk, and the 1 mile precision walk. Track is considered one event towards the four event maximum allowed per athlete. Competitors may enter and medal in one, two, or all three track competitions, which count as one track event collectively.*

4. SUSPENDED EVENT – *Croquet has been temporarily suspended as an event. The NVGAG National Advisory Council will revisit if this event will be continued in future NVGAG.*

5. VISUALLY IMPAIRED DIVISION – *Visually impaired athletes are eligible to compete in a separate division for the following sports: bowling, horseshoes*

and shuffleboard. The following sports are no longer eligible for the visually impaired division of competition: field, swimming and golf.

6. WHEELCHAIR DIVISION – *Athletes who require a wheelchair for competition are eligible to compete in a separate division for the following sports: bowling, horseshoes, nine ball, shuffleboard and table tennis. The following sports are no longer eligible for the wheelchair division of competition: field and swimming. Please note: athletes who use a scooter for mobility and are unable to compete in a standing position must compete in the wheelchair division for all events.*

7. MIND SPORTS – *Checkers and dominoes are now considered mind sports. Mind sports are designed to sharpen a wide range of cognitive skills and brain fitness.*

V. RULES, REGULATIONS & FORMAT

Following are the qualifying procedures and rules of competition governing the 2014 National Veterans Golden Age Games. These games will be held June 28 to July 3, 2014 in Fayetteville, Arkansas.

A. Modifications of Rules and Adapting Events

Any modifications to the rules, based on an athlete's disability, can be requested and are subject to the discretion of the Head Official for the event.

Visually impaired athletes with a corrected vision of 20/200 or less will be allowed to enter the Visually Impaired events. This must be verified and documented at the time of registration by a qualified VA Visual Impairment Service Team (VIST) Coordinator. These athletes will compete in separate divisions for Bowling, Horseshoes and Shuffleboard.

Wheelchair modifications will be made for athletes that are restricted to the use of a wheelchair for competition, and will compete in separate divisions for Bowling, Horseshoes, Nine Ball, Shuffleboard and Table Tennis. For the purposes of competition, athletes who use a scooter for mobility and are unable to compete in a standing position must compete in the wheelchair division for all events.

Suggestions for rules changes in future NVGAG may be made in writing to the NVGAG Program Director up to 30 days after the 2014 National Veterans Golden

Age Games. NVGAG rules are reviewed and approved by the NVGAG National Advisory Council and are published via www.veteransgoldenagegames.va.gov.

B. Spectator Coaching

Coaches and spectators on the sidelines will not be allowed to advise or coach any athlete during competition. If, after asking a coach/spectator not to coach a competitor and he or she continues to do so, the official will ask the coach/spectator to leave the competition area.

C. Disqualifications

Head Officials have the right to disqualify any athlete from competition. The competitor will forfeit the right to any awards for the following:

- unsportsmanlike conduct or tactics detrimental to the competition
- inappropriate uniform
- non-compliance to the rules of the specific event, as outlined in this Rulebook

D. Appeals

All appeals of event rules or competition must be made at the time the action being appealed occurs. The appeal will be made to the Head Official for that event, and in all cases, the Official's decision shall be final.

E. Protests

Any person desiring to make a protest with regard to any aspect of competition at the National Veterans Golden Age Games shall make such protest to the Head Official of the competition in question. All protests must be written and submitted to the Head Official within 30 minutes of the conclusion of the game, match, heat, or event under protest. The protest will then be submitted to the Games Committee. All decisions by the Games Committee are final and not subject to further appeal.

F. Uniforms

All athletes must wear athletic-type clothing and shoes that are customary for the sport in which they are competing. Street-type clothing and shoes that are inappropriate may cause disqualification. Uniforms shall be free of inappropriate symbols or wording.

G. Tie Rule

In the event of a tie during a tournament (bracketed) event, competitors will be awarded duplicate medals.

H. How to Suggest that a New Sport be Added to the NVGAG

You may contact the NVGAG Program Director at www.veteransgoldenagegames.va.gov if you would like to suggest that a new event be added to the menu. You must include the following information:

1. An exact description of the sport/event.
2. The address, phone number and contact person for the national governing body (NGB) for the sport/event.
3. The number of people ages 55 and older who participate in this activity.
4. The geographic distribution of people ages 55 and older that participate.
5. Any additional pertinent information.

New sports and exhibition events are approved by the NVGAG National Advisory Council.

I. Default during Competition

Athletes that forfeit during tournament play rounds shall not be permitted to advance to the championship or consolation brackets except where such a forfeit is the result of a verified medical reason, or a good-faith effort was made to compete. Verification by a member of the NVGAG medical staff of an athlete's injury and capability to continue must be submitted to and subsequently approved by the Head Official and the National Veterans Golden Age Games Program Manager prior to the athlete being permitted to continue. A good-faith effort to compete will be determined by the Head Official and the National Veterans Golden Age Games Program Manager.

Athletes that forfeit during championship or consolation play shall not be eligible for awards except where such forfeit is the result of a verified medical condition, or a good-faith effort was made to compete, and does not result in a Did Not Finish under NVGAG or NGB rules. Their award spot will be left open and subsequent places will not be moved up. Verification by a member of the NVGAG medical staff of the athlete's injury must be provided to and subsequently approved by the Head Official and the National Veterans Golden Age Games Program Manager prior to receipt of any awards. A good-faith effort to compete will be determined

by the Head Official and the National Veterans Golden Age Games Program Manager.

J. National Senior Games Association (NSGA)

Select events offered at the National Veterans Golden Age Games serve as pre-qualifying events to compete at the National Senior Games. The Office of National Veterans Sports Programs & Special Events supports all NVGAG elite competitors to take their competitive drive to the next level.

The National Veterans Golden Age Games Program Manager will forward all first, second and third place winners in the shared sports between NVGAG and NSGA immediately after the conclusion of the NVGAG. These shared sports include: bowling, golf, horseshoes, shuffleboard, swimming, table tennis and field.

The NSGA will contact qualifying Veterans via their registration materials for the National Senior Games. Prior to this submission, all Veterans are notified by mail of their eligibility and also informed that qualifying events are not in any form adapted and competitors must strictly adhere to the governing rules of each event. The National Veterans Golden Age Games Program Manager must receive a signed waiver, included in the eligibility notification letter, in order for account to be created with NSGA. All costs associated with NVGAG competitors' participation at the National Senior Games will be the Veterans' responsibility.

VI. MEDAL SPORTS

AIR RIFLE

EQUIPMENT

The National Veterans Golden Age Games host will provide standard .177 air rifles with a maximum velocity of no more than 750 feet per second (fps), .177 pellets, 10-Meter targets, target boxes, protective eyewear, shooting table, chairs, and score sheets. Only iron or peep sights are permitted.

COMPETITION

The winner will be based on the best shooting score over the 10- Meter (33 feet) course. Each competitor will fire a total of six rounds at the approved target. The first shot will be a practice shot. Each competitor's total score will be tabulated after the remaining five rounds are fired. The five best scores out of the six shots will be tabulated for a total possible score of 50.

Each competitor must support the rifle with both elbows resting on the stationary-firing table. The chest and/or abdomen may also rest on the table.

EVENT RULES

All matches will be conducted in accordance with USA Shooting Rifle rules for 10m Air Rifle, except as modified herein. For a copy of these rules, please visit:

[USA Shooting](http://www.usashooting.org)
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4670

BOWLING

EQUIPMENT

The National Veterans Golden Age Games host will provide bowling balls, ramps, bowling shoes and score sheets. Competitors may elect to use their own bowling ball and shoes. All bowling balls must conform to the size and weight outlined by United States Bowling Congress, American Wheelchair Bowling Association for wheelchair and wheelchair adaptive categories or American Blind Bowling Association for the visually impaired category.

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COMPETITION

This competition will be based on the total score for two games bowled in competition. Each game will consist of 10 frames. Bowlers will be given the opportunity to warm up on the lanes prior to bowling their two games in the competition. Places will be awarded based on total pin score for each category: First Place= highest score; Second Place= next highest score; and Third Place= third highest score. Averages will not be taken into account.

EVENT RULES

AMBULATORY

All ambulatory matches will be conducted in accordance with United States Bowling Congress rules, except as modified herein. For a copy of these rules, please visit:

[United States Bowling Congress](#)

621 Six Flags Drive
Arlington, TX 76011
(800) 514-2695

WHEELCHAIR

All wheelchair matches will be conducted in accordance with American Wheelchair Bowling Association rules, except as modified herein. For a copy of these rules, please visit:

[American Wheelchair Bowling Association
info@awba.org](mailto:info@awba.org)

WHEELCHAIR ADAPTIVE

Ramps, sticks and handle balls must be used by those competitors in the wheelchair adaptive category matches. Bowlers will adjust their own ramps with no assistance from anyone. Bowlers in this division will not switch lanes during competition.

VISUALLY IMPAIRED

All visually impaired matches will be conducted in accordance with American Blind Bowling Association rules, except as modified herein. For a copy of these rules, please visit:

[American Blind Bowling Association](mailto:Kathybrock1@sbcglobal.net)
Kathy Brockman
2735 S. 61st Street
Milwaukee, WI 53219
Kathybrock1@sbcglobal.net

Handrails may be used for those competitors in the visually impaired category matches.

CHECKERS

EQUIPMENT

The National Veterans Golden Age Games host will provide standard and adaptive checkerboards and checkers, tables, chairs and score sheets.

COMPETITION

This competition will be set up in a single elimination tournament format. Whenever possible, competitors from the same medical center will not be matched against each other in first round matches. All matches will be played as a best two out of three games. Third place game will match the two losers of the two semi-final games against each other. This event is considered a mind sport for the 2014 National Veterans Golden Age Games. Mind sports are designed to sharpen a wide range of cognitive skills and brain fitness.

EVENT RULES

All matches will be conducted in accordance with the American Checker Federation rules, except as modified herein. For a copy of these rules, please visit:

[American Checker Federation](#)
PO Box 3488
Columbus, OH 43210

CYCLING

EQUIPMENT

The National Veterans Golden Age Games host will provide two-wheel bicycles of similar style and condition. Competitors must use these bicycles. The host will provide bicycle safety helmets or each competitor may use approved helmets that they provide for themselves. Competitors will be required to furnish and wear their own athletic shoes for this competition. Host will also provide starter gun or other starting device, stop watches or other timing device, bicycle repair kit and scoring/timer sheets.

COMPETITION

The ¼ and ½ mile cycling competitions are limited to ambulatory competitors only and will be based on best time for each competition. Competitors can compete in one of these races, not both. Two competitors are permitted on the course at one time. Decisions to admit additional competitors onto the course will be based on safety. Each competitor will be given the opportunity to become familiar with the course. Warm-up prior to the cycling competitions will be accomplished using stationary bicycles. Helmets are required for competition.

EVENT RULES

All matches will be conducted in accordance with the USA Cycling rules, except as modified herein. For a copy of these rules, please visit:

[USA Cycling](#)

210 USA Cycling Point, Suite 100
Colorado Springs, CO 80919
(719) 434-4200

DOMINOES

EQUIPMENT

The National Veterans Golden Age Games host will provide standard sets of “Double-Six” dominoes, score pads, pencils, scoring sheets, tables and chairs.

COMPETITION

The competition will be set up in a single tournament format. Whenever possible, competitors from the same medical center will not be matched against each other in first round matches. All matches, when possible, will have 4 competitors. All preliminary matches will be played to a score of 200 points. The winner will advance to the next round; and when necessary to have the 4 competitors in the next match, the players with the next highest score may advance. This will be decided by the Head Official. The championship match will be played to 300 points. Once a player has reached 300 points or more, the game will end and that player awarded First Place, the player with the next highest score will be Second Place, and the player with the third highest score will be awarded Third Place. This event is considered a mind sport for the 2014 National Veterans Golden Age Games. Mind sports are designed to sharpen a wide range of cognitive skills and brain fitness.

EVENT RULES

All matches will be conducted in accordance with the Domino Rules, except as modified herein. For a copy of these rules, please visit:

[Domino Rules](#)

5002 S. Loop 340

Waco, TX 76706

(352) 597-3872

FIELD

EQUIPMENT

1. Discus:

The National Veterans Golden Age Games host will provide official discus, tape measure and score sheets. Competitors must use discus that are provided.

Weights for Discus by Age Division and Gender:

Men	1.5kg
55-59	
Men	1.0kg
60-64	
Men	1.0kg
65-69	
Men	1.0kg
70-74	
Men	1.0kg
75-79	
Men	1.0kg
80+	
Women	1.0kg
55-59	
Women	1.0kg
60-74	
Women	.75kg
75+	

2. Javelin:

The National Veterans Golden Age Games host will provide official javelins, tape measure and score sheets. Competitors must use javelins that are provided.

Weights for Javelins by Age Division and Gender:

Men	700g
55-59	
Men	600g
60-64	
Men	600g
65-69	
Men	500g
70-74	
Men	500g
75-79	

Men	400g
80+	
Women	500g
55-59	
Women	400g
60-74	
Women	400g
75+	

3. Shot Put:

The National Veterans Golden Age Games host will provide official shot puts, tape measure and score sheets. Competitors must use shot puts that are provided.

Weights for Shot Put by Age Division and Gender:

Men	6kg
55-59	
Men	5kg
60-64	
Men	5kg
65-69	
Men	4kg
70-74	
Men	4kg
75-79	
Men	3kg
80+	
Women	3kg
55-59	
Women	3kg
60-74	
Women	2kg
75+	

COMPETITION

Each competitor will have the opportunity to throw any of the three official implements (discus, javelin and shot put) 4 times each. Only the longest of each competitor's 4 throws will be scored.

EVENT RULES

All matches will be conducted in accordance with the USA Track & Field rules, except as modified herein. For a copy of these rules, please visit:

USA Track & Field

132 East Washington St., Suite 800
Indianapolis, IN 46204
(317) 261-0500

GOLF

EQUIPMENT

The National Veterans Golden Age Games host will provide one sleeve of three golf balls, tees, scorecards, golf carts. Competitors must provide their own clubs and the host will not be responsible for replacing lost or stolen clubs. Golf carts are for competitors and official NVGAG staff only, not for family or friends of competitors.

COMPETITION

Golf competitors must have prior golfing experience of having played on a regular basis for at least the past one year. Each competitor will compete individually within his/her age group. Gross scores will determine the first three places in each age category. A sufficient number of volunteer scorekeepers will be provided by the local host to insure the integrity of score keeping.

EVENT RULES

All matches will be conducted in accordance with the United States Golf Association rules, except as modified herein. For a copy of these rules, please visit:

[United States Golf Association](#)

PO Box 708

Far Hills, NJ 07931

(908) 234-2300

HORSESHOES

EQUIPMENT

The National Veterans Golden Age Games host will provide standard and adaptive sets of pitching horseshoes. Competitors must use the horseshoes provided. In the event weather conditions do not allow for outdoor competition, the Head Official may hold the competition indoors using adapted equipment (rubber or similar composition horseshoes and stakes). The host will also provide tables, chairs, rakes, and score sheets.

COMPETITION

The competition will be set up in a single elimination tournament format. Tournament brackets will be determined by a draw, and whenever possible, competitors from the same medical center will not be matched against each other in first round matches. All matches will be played for ten innings, each player throwing two shoes per inning. If conditions warrant, the Head Official may decrease the number of innings pitched in the match. The winner of the match will advance in the tournament. The Championship round will be decided by win/loss record. Count-all scoring (without bonus points for each match won) will be used. First Place ties will play a 30-shoe playoff game to decide 1st and 2nd place. All other ties will be decided by head-to-head competition (who beat who between the tied participants) and then by points scored if still tied.

All pitching distances are measured from the bottom of the stake to the pitching line. Pitching distances will vary based on age, gender and category. Competitors in the visually impaired and wheelchair categories will use the standard court, but the pitching distances will be adjusted in accordance with the below guidelines:

Ambulatory:

Men 55-69	40ft
Men 70+	30ft
Women 55-74	30ft
Women 75+	20ft

Visually Impaired & Wheelchair:

Men 70+	20ft
Women 55-74	15ft

EVENT RULES

AMBULATORY & WHEELCHAIR

All ambulatory and wheelchair matches will be conducted in accordance with the National Horseshoe Pitcher's Association rules, except as modified herein. For a copy of these rules, please visit:

[National Horseshoe Pitcher's Association](#)

3085 76th Street

Franksville, WI 53123

(262) 835-9108

In pitching the shoe, the pitcher may stand or sit on or behind the pitcher's line in the wheelchair category.

VISUALLY IMPAIRED

All visually impaired matches will be conducted in accordance with the United States Blind Horseshoe Pitchers Association rules, except as modified herein. For a copy of these rules, please visit:

[United States Blind Horseshoe Pitchers Association](#)

Beeper devices are available for the visually impaired category of competition.

In pitching the shoe, the pitcher may stand or sit on or behind the pitcher's line in the visually impaired category.

NINE BALL

EQUIPMENT

The National Veterans Golden Age Games host will provide billiards tables and balls (nine numbered and one cue ball), diamond-shaped ball racks, cues, cue chalk, coin or other device to determine the break, stop watches and scoring sheets. Competitors may use their own pool cues after inspection and approval by the Head Official.

COMPETITION

The competition will be set up in a single elimination tournament format. Whenever possible, competitors from the same medical center will not be matched against each other in first round matches. All matches will be best two out of three games. Third Place game will match the two losers of the two semi-final games against each other.

Nine Ball is a rotation game, meaning the balls are shot in numerical order. The shooter must strike the lowest numbered ball on the table first. The game is over when the 9-ball is legally pocketed. A player retains his/her turn at the table as long as he/she strikes the lowest numbered ball first and legally pockets a ball. He/she need not pocket the lowest numbered ball to continue shooting. For example, he/she may shoot the 1-ball into the 4-ball, thus pocketing the 4-ball. He/she will then continue shooting but must, once again, strike the 1-ball first. If the shooter hits the 1-ball into the 9-ball and the 9-ball is pocketed, the game is over and that shooter wins. Neither shots nor pockets need to be called.

Nine balls are used and are racked in a diamond shape. The 1-ball is at the front of the rack and on the foot spot. The 9-ball is in the center and the rest of the object balls can be placed in any numerical order. All balls should touch as tightly as possible and the breaking player may request and receive a re-rack. However, if the balls cannot be totally frozen, the game must proceed at the discretion of the Head Official.

EVENT RULES

AMBULATORY & WHEELCHAIR

All ambulatory and wheelchair matches will be conducted in accordance with the Billiard Congress of America rules, except as modified herein. For a copy of these rules, please visit:

[Billiard Congress of America](#)

10900 West 120th Avenue- Unit B7

Broomfield, CO 80021

(303) 243-5070

Competitors in the wheelchair division must remain seated while shooting. No alterations may be made to change the height of the seat.

SHUFFLEBOARD

EQUIPMENT

The National Veterans Golden Age Games host will provide standard and adaptive shuffleboard discs, cues and score sheets. Competitors may use their own cue if determined to be of regulation type by the Head Official, and the cue shall not have an overall length of more than 6 feet, 3 inches. Only discs provided by the host may be used.

COMPETITION

This competition will be set up in a single elimination tournament format. Whenever possible, competitors from the same medical center will not be matched against each other in first round matches. All matches will be played in six innings. Highest point score will determine the winner. Third Place game will match the two losers of the two semi-final games against each other.

No metal part of the cue shall touch the playing surface.

EVENT RULES

AMBULATORY

All ambulatory, wheelchair and visually impaired matches will be conducted in accordance with the National Shuffleboard Association rules, except as modified herein. For a copy of these rules, please visit:

[National Shuffleboard Association](#)

6634 North Lake Drive
Zephyrhills, FL 33542
(813) 395-6343

WHEELCHAIR

For the wheelchair category, the Head Official has the option of moving the foul lines closer to allow wheelchair competitors a shorter court. The court will be the same for all competitors in each age group for this category. The allowable distance for wheelchair foul line on a standard 52ft court shall be 7ft and 6 inches in front of a standard foul line, or 13ft in front of base line.

Wheelchair competitors will shoot two of the same colored discs before alternating shots with other the competitor, until all four discs of each competitor are played.

VISUALLY IMPAIRED

Bright colored discs will be used for the visually impaired category of competition. Visually impaired competitors are permitted to use their own spotting scopes, pending approval by the Head Official.

SWIMMING

EQUIPMENT

The National Veterans Golden Age Games host will provide towels, appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, stop watches, whistles, portable PA system or bull horn and ten flags (white on one side, red on opposite side).

COMPETITION

The competition will be based on the fastest time of each competitor. The number of racers in each heat will be determined by the Head Official based on the number of entries. The opportunity to warm-up in the pool prior to the race will be given at the discretion of the Head Official. The order of finish (First, Second, Third Places) will be determined by best times (age division) regardless of placement in the heat. If a tie occurs, there will not be a race-off, but each competitor will receive an award medal. Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

Starts: The forward and backstroke starts must be taken by an in-water push from the wall. A false start will result in disqualification.

Turns: A turn is completed when some part of the swimmer's body touches the wall. Flip turns are not allowed.

Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall, and must touch the wall with some part of their body during each turn and at the finish. Flip turns are not allowed.

Freestyle: Swimmers must touch the wall with some part of their body during each turn and at the finish. Flip turns are not allowed. Any stroke may be used and swimmers may switch strokes whenever they wish.

EVENT RULES

All matches will be conducted in accordance with the United States Masters Swimming, Inc. rules, except as modified herein. For a copy of these rules, please visit:

[United States Masters Swimming, Inc.](#)

655 North Tamiami Trail

Sarasota, FL 34232

(941) 256-8767 or (800) 550-7946

TABLE TENNIS

EQUIPMENT

The National Veterans Golden Age Games host will provide standard table tennis tables and nets, regulation table tennis rackets/paddles and balls, and scorecards. Competitors may use their own table tennis rackets if they are determined to be regulation by the Head Official and they are the same type as those supplied by the host.

COMPETITION

Competitors will compete individually in singles table tennis. The competition will be set up in a single elimination tournament format. Whenever possible, competitors from the same medical center will not be matched against each other in first round matches. All matches will be played as the best three out of five games. Third place game will match the two losers of the two semi-final games against each other. White shirts or jackets are not permitted for competition, per USA Table Tennis rules.

EVENT RULES

AMBULATORY & WHEELCHAIR

All ambulatory and wheelchair matches will be conducted in accordance with the USA Table Tennis rules, except as modified herein. For a copy of these rules, please visit:

[USA Table Tennis](#)

One Olympic Plaza

Colorado Springs, CO 80909

(719) 866-4583

WHEELCHAIR

Wheelchair category competitors are permitted to secure the paddle to their hand by tape or brace.

All wheelchair competition competitors must stay in full contact with the seat of the wheelchair. The footrests or the feet touching the floor during play shall not result in the loss of a point, providing the competitor's bottom

does not leave the seat of the chair. The competitor may not use their legs in any way to gain an advantage over their opponent.

TRACK

EQUIPMENT

The National Veterans Golden Age Games host will provide the course, timing system and score sheets.

COMPETITION

This competition will consist of ½ mile power walk, 1 mile power walk, and a 1 mile precision walk. The number of heats will be determined by the number of entries. First, Second and Third Place medals will be awarded based on fastest completion time, regardless of the heat. Athletes must not wear clothing that could impede the view of the officials (i.e., the knees and legs must be clearly visible at all times), so athletic shorts or tights must be worn.

Power Walking is a progression of steps taken so the walker makes contact with the ground with no visible (to the human eye) loss of contact. The advancing leg can be bent as it passes under the body. Officials will look for loss of road contact (both feet off the ground at the same time) and a competitor can be disqualified if they receive three warnings from three separate officials.

The 1 mile precision walk will involve a power walk in which the competitors give their estimated completion time for the event, prior to the start. The competitor who finishes closest to their estimated time wins.

VII. EXHIBITION SPORT

BADMINTON

EVENT RULES

This exhibition will be conducted in accordance with United States Badminton Association rules. For a copy of these rules, please visit:

[United States Badminton Association](#)

One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4808